

Quiz for Module I : Sugar Management

Name _____

Date _____

1. What are the three primary categories of food? Hint: The first one starts with a P.
2. Fuel for the car is analogous to which of the three categories listed above?
3. What organ is the primary controller of making sure your cells get fuel?
4. What is the name of the hormone that your pancreas releases that ushers sugar into the cells?
5. How much sugar can you tolerate graciously each day?
6. If I consume too much sugar, it ultimately turns to _____?
7. Dr. Pepper has 77 grams of sugar in a 20 ounce can. True or False
8. In the ingredient list, the carbohydrates are essentially determined by the weight of the food after the fat and protein have been accounted for. True or False
9. If there are 40 grams of carbohydrates and there are 39 grams of sugar listed, you can be sure that this food will increase your blood sugar right away. True or False
10. The goal in life is to keep your blood sugar levels even by eating 3 meals a day that are balanced and not containing “excessive sugars” True or False
11. You can never eat fat and still get fat. True or False
12. The glycemic index indicates whether a carbohydrate laden food will convert to the basic building block of glucose. A glycemic score OVER 50 suggests it is a good food to consume without concern.
13. Sucrose is table sugar. Fructose comes from _____.
14. Starch is bad for you. True or False
15. Millet is a grain that breaks down to sugar very quickly. True or False
16. Processed foods can also be considered pre-digested foods. True or False

Answers on Page 2

Answers

1. Protein, Fat Carbohydrates
2. Carbohydrates
3. Pancreas
4. Insulin
5. 12 grams or 1 Tablespoon every 3 hours
6. Fat
7. True
8. True
9. True
10. True
11. True
12. False- the lower the number the easier it is on your blood sugars
13. Fruit
14. False: It is a great source of stored glucose
15. False: It is a complex CHO so it breaks down to sugar slowly
16. True: The food manufacturers want our taste buds to taste the sugar ASAP